

Just another relaxing day at work?



YOGA NURSE® makes it possible!

Happy, healthy and motivated employees are just a stretch away thanks to the corporate programs we offer.

We offer your employees simple, safe and practical yoga techniques that quickly reduce tension and stress, while addressing a wide variety of work and non-work related conditions. Yoga is a scientific discipline that improves quality of life with definitive results such as:

- ◆ Stress resistance with an increase in strength and flexibility.
- ◆ Decreases muscle tension from improved posture.
- ◆ Reduces mental fatigue.
- ◆ Generates more energy.
- ◆ Improves concentration and productivity.
- ◆ Creates team building through relaxation.

All of this can add to your bottom line by increasing employee morale and decreasing absenteeism, injuries and illness. Plus, it's easy as we come to you with all of the necessary tools. All you provide is the space!

Join the growing number of corporations embracing workplace yoga as a cost effective employee retention strategy. Call to find out how your business can thrive with yoga today!



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Annette Tersigni & Bradley Fischer

Annette Tersigni, RN affectionately known as The Yoga Nurse, specializes in life extension and the "new" old age. She teaches people of all ages how to grow younger, increase quality of life and realize their highest potential for well-being through the art and science of yoga.

A practicing nurse with a background in heart disease and certified in Ayurvedic medicine, she currently teaches wellness classes and stress management to employees at Carteret General Hospital.

Her other on-site, corporate clients include: Hewlett Packard, The Delphi Corporation, First Citizens Bank, Raab Cancer Clinic, The Tiller school, York University and Coastal Canvas Marine.

Clearly, Annette is highly qualified to bring the benefits of workplace yoga to any company. She also teaches privately and owns the Yoga Down East Wellness Center near the pristine, Cape Lookout National Seashore.

A former cover girl and actress turned registered nurse and wellness educator, Annette appears as a frequent guest on TV and radio as an expert in her field.



Bradley Fischer has been teaching yoga in Emerald Isle, NC for 5 years. As an all round athlete, he has known the value of stretching for many years. After experiencing a severe sports injury, he discovered yoga as an amazing rehab therapy.

Now Bradley enjoys wind surfing, sailing and scuba diving and attributes his yoga practice to his greater enjoyment as well as better performance of these active sports.

Brad can now be found doing a mean headstand on his paddle board in the Bogue Sound.